GALLATIN CITY-COUNTY HEALTH DEPARTMENT
GROWTH & DEVELOPMENT

12-15 Months

WHAT TO EXPECT	HOW YOU CAN HELP
MOTOR	**MOTOR:**
• Walks holding on to furniture • May walk alone • May run • Can bend over & pick up an object • May walk backwards (while pulling a toy) • Puts objects into containers • Imitates activities (tries to use broom to sweep) • May be able to build tower of two blocks	• Provide opportunities in safe area to practice walking. • Provide toys such as balls, blocks & nesting cups. • Supervise coloring with crayons & paper (keep redirecting to paper if he puts crayon in mouth). • Provide quiet time without radio or TV. • Play with your child; (show her how to build with blocks, pour objects into & out of containers)
LANGUAGE & BEHAVIOR	**LANGUAGE & BEHAVIOR**
• Says 1-6 words • Says "mama" or "dada" or other words specific to parents • Can follow simple one step requests (please give me your cup) • Likes to make noise (bang pots, pans & lids) • Loves to explore & manipulate objects • May begin to express emotions (tantrums) • May be alternately dependent/independent • Uses gestures or sounds to indicate wants	• Talk to your baby frequently. Name everyday objects such as milk, cup, cookie. • Encourage your child to talk by responding to her when she talks. • Talk & sing with your child. • Allow your child to explore safe cupboards (where you keep your pots, pans, plastic containers, wooden spoons). • Read books with bright interesting illustrations and allow your child to turn pages .
SLEEP	**SLEEP**
• Typically sleeps about 13 hours in a 24 hour period, 11 at night and one or two naps	• Provide consistent bed and nap time routine. • Make bed & nap time pleasant. • Child may want books read over & over again. This provides security.
FEEDING & GROWTH	
• Drinks from a cup • Begins to use spoon and fork (may have trouble getting spoon into mouth) • Likes to eat with hands and play with food • Growth rates & appetite slow down after the 1st birthday • Let your child's appetite be the guide to how much is eaten	• Offer nutritious meals and snacks at regular times. • Offer safe finger foods: soft cooked veggies, easily crumbled crackers, cookies (graham, arrowroot), well cooked meat in chunks less than ¼1/4 inch. Cut hot dogs lengthwise. Cut fruit & vegetables into small pieces. See WIC guidelines for Toddler. AVOID: • Nuts • popcorn • gum • peanut butter by spoon (may spread thin on bread) • suckers • marshmallows • hard candy • Children need help brushing and flossing teeth until age 7.

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IMMUNIZATIONS
Between 12 – 18 months your child should have 4 Diphtheria, Tetanus & Pertussis (DtaP), 3 Polio (IPV), 4 Haemophilus (Hib), 3 Hepatitis B (Hep B) if not given previously, 1 Measles, Mumps, Rubella (MMR) & 1 Varicella (chickenpox)
SAFETY

· Remember to provide constant supervision at this age.
· Toddler proof your home and yard. See toddler proofing handout.
· Use a correctly installed car safety seat <u>every time</u> child rides in a car.
· Keep soft pillows, plastic bags and small objects away from your child (an object is too small if it fits
    through a cardboard toilet paper roll).
· NEVER shake your child.
· NEVER leave your child unattended around pets, young children or water.
· Protect your child from the sun by always applying a sunscreen with at least an SPF 15.
· Make sure both you & your child care provider are instructed in infant/child CPR.
· Keep your child's environment free from tobacco smoke and other smoke.
· Hot water tank temperature should be set at 120° to avoid accidental burns.
· Protect from falls, keep crib sides up and mattress at lowest level. Keep your hand on your child at all
    times while she is on a high surface.
· Post poison control number by the phone.
· Keep Syrup of Ipecac on hand; check expiration date regularly.
· Choose consistent, quality child care.

Date:_____   Next Visit:_____

Notes: